

LUNCH BOX IDEAS

Healthy lunch box options

MAIN

Grilled chicken with pesto dipping sauce

Homemade "Lunchable" - rolled lunch meat, almond flour crackers, & sliced cheese

Celery sticks with cream cheese topped with bagel seasoning

Oatmeal w/toppings on the side (nuts, dried fruit)

Deviled eggs (or hardboiled eggs)

Sausage patty/link

Tuna with almond flour pita chips

Salami and cream cheese rollups

Peperoni/Mozzarella kabobs

BLT wrap w/ a pickle

Chicken Salad in a lettuce cup

Lunch meat & cheese rollup

Mini-burger in a Lettuce wrap

Grass-fed hotdogs

Tomato soup w/almond flour crackers

Salsa (guacamole) & Almond flour tortilla chips

Hummus & veggies

Full fat yogurt with nut-granola and berries

SIDES

Olives

Broccoli/Cauliflower

Sugar snap peas

Cherry tomatoes

Kale Chips

Carrot sticks

Mini-peppers

Cucumbers

Small banana

Blueberries

Strawberries

Black/raspberries

Sliced apples & Nut butter

Fruit kabob (grapes & berries)

SNACK

Sweet potato chips

Pretzels

Almond flour crackers

Roasted chickpeas

Cauliflower 'puffs'

Almond flour graham crackers

Dark chocolate covered Almonds

